

The Rite Bite

Winter/Spring Group X Schedule To start January 16th

Silver Classes

All classes are held in group X studio unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strictly Strength (in gym) 11:30-12:15pm Shannon	T.B.C. 6-7am Julie	Strictly Strength (in gym) 11:30-12:15pm Shannon	T.B.C. 6-7am Julie	Silver Sneakers Chair Yoga 10:30-11:15am Jill	\$Rite Striders\$ 7:50am-9am Romona
Core n' More 5-5:25pm Kelli W.	Silver Sneakers M.S.R.O.M. 10:30-11:15am Emily	Ramp 5-5:50pm Kelly V.	Silver Sneakers M.S.R.O.M. 10:30-11:15am Shannon	Strictly Strength (in gym) 11:30-12:15pm Shannon	T.B.C. 8:30-9:20am Aimee
Ramp 5:30-6:25pm Kelli W.	ZumbaFusion* 5:30-6:20pm Wendy	Top to Bottom (in gym) 6-6:40pm Romona	ZumbaFusion** 5:30-6:20pm Kelly V.		Gentle Yoga Intergenerational 9:30-10:20am Katie
Yogalates 6:30-7:20pm Amy	\$Integral Yoga\$ 6:45-7:50pm John	Spa Yoga 7-8pm Romona	Core N' More 6:30-6:50pm (in gym) Kelly V.		ZumbaFusion*** 10:30-11:20am Emily
					Sunday
					\$Meditation\$ 10-11am John
					T.B.C. 12:45-1:45pm Rotation

Gold Classes

All classes require pre-registration online **at least 2 hours before class.**
Classes are held in the gym unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RiteBikeSpinning 6-6:45am Trish	RiteBike Spin+TRX 9:30-10:15am Emily	RiteBikeSpinning 6-6:45am Lori H.	RiteBike Spin+TRX 9:30-10:15am Emily	RiteBikeSpinning 6-6:45am Trish	RiteBikeSpinning 8:45-9:40am Natalie
TRX Yoga 8:45-9:30am Katie		Vinyasa Flow PowerYoga (Group X Rm) 6:15-7:15am Megan	TRXpress 5-5:35pm Shannon	TRX Yoga 8:45-9:30am Katie	TRXpress 9:45-10:20am Natalie
Bootcamp 9:30-10:15am Laurie M.		Bootcamp 9:30-10:15am Laurie M.	TRX Beginners 5:45-6:20pm Shannon		TRX Yoga 10:30-11:30am Katie
TRXpress 5-5:35pm Emily	RiteBike Beginner Spinner 5:30-6:20pm Trish	RiteBikeSpinning 5-5:50pm Dana	RiteBike Spinning 7-7:50 Laurie M.	RiteBike Spin+TRX 5:30-6:30pm Lydia	Vinyasa Flow PowerYoga (Group Ex Rm) 11:30-12:30pm Megan
RiteBike Spin+TRX 5:45-6:40pm Lydia	TRXpress 6:30-7:05pm Natalie	RiteBike Spin+TRX 6:45-7:25pm Shannon			Sunday
TRX Cardio+Strength 6:45-7:25pm Shannon	RiteBikeSpinnig 7:15-8pm Natalie				RiteBikeSpinning 12-12:45pm Dana

Class Descriptions

Core n' More: Strengthen and tone your entire body, with the primary focus being on abdominals and back.

Gentle Yoga: Focus on relaxation, strength, and balance by incorporating yoga exercises that can be done on a mat or even in a chair for those who have difficulty getting up off the floor. Some meditation may be included.

Intergenerational Yoga Classes: Any class with *Intergenerational under it will be open to (but not limited to) parent/child/grandchild combinations of any age so that yoga practice is shared amongst family members. This class brings together ages 9-90 in a convivial atmosphere, children under 16 must be accompanied by an adult. Class offers enough challenges for strong individuals to feel satisfied, and enough gentleness to be suitable for people in their golden years.

Ramp: Cardio class done on an inclined step. Ramping shapes the glutes, hips and thighs. Join this fun, low impact, calorie blasting workout!

Silver Sneakers MSROM: Designed to increase strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are used, a chair is available for seated and /or standing support.

Silver Sneakers Chair Yoga: Class is designed to remove the barriers that some might have to joining yoga. Stretches and balance exercises are done in chairs and accompanied by breathing and alignment cues. There is also strong elements of relaxation. Everyone is invited!

Spa Yoga: Are you a human being or a human doing? Today's world demands 'doing'. Spa Yoga allows you to be...be still, relaxed and pampered. Gentle stretching, low lighting, soft music, blankets and eye bags create an atmosphere where you won't want to leave.

Strictly Strength: Total body strength training techniques used to enhance strength, raise metabolism, and sculpt the body. All fitness levels welcome. Friday afternoons will be a circuit strength day.

T.B.C. Total Body Conditioning uses a combination of strength training and aerobic conditioning for a complete workout in just one hour! Experience high-energy cardio training and efficient body sculpting using a variety of equipment.

Top to Bottom:....and everything in between! Challenge yourself with body bars, steps, gliders and free weights. Strength training and some cardio will provide the perfect combination to work your body from top to bottom.

Yogalates: Can't decide between Yoga and Pilates? Then try Yogalates, a blend of the two methods that is sure you lengthen and strengthen your entire body.

ZumbaFusion: Dance your way fit! By using a fusion of Latin, Reggae, Hip Hop, Bollywood, and Pop music, this class is guaranteed to get your heart pumping and hips shaking. *Refer to asterisks to determine class level; * beginner choreography/intensity; ** intermediate; *** more advanced*

Boot Camp: High Intensity, calorie burning, all over body conditioning and strength training class set to body pumping, motivational music.

RiteBike Beginner Spinner: This class offers the perfect 45 minute ride for beginners and up by introducing the basics of indoor cycling and stressing proper form while you build stamina.

RiteBike Spinning: Pedal through this indoor cycling class that will sculpt muscles and generate major sweat. Your instructor will lead you through a mix of drills, hills and sprints with motivational music and instruction. Easily modify the intensity with the turn of a dial.

RiteBike Spin+TRX: Start with calorie burn of spinning and end with total body sculpting of TRX. Half and half.

TRX: TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

TRX Beginners: This 45 minute class will take you through the basics of TRX and give you a light strength workout with plenty beginner modifications. Close attention will be paid to form, alignment, and proper motion.

TRX Cardio+Strength: Get it all in one with strength and cardio exercises done on the TRX.

TRXpress: Guaranteed to be a fast paced kick butt workout. This class incorporates short cardio bursts and total body strength exercises for a quick and efficient strength and aerobic conditioning class in just 35 minutes!

TRX Yoga: Take your yoga practice to the next level! Combining Yoga with the TRX will maximize body awareness and improve both muscle tone, endurance and balance.

Vinyasa Flow Power Yoga: A more vigorous approach to yoga with an emphasis on strength and flexibility great for those looking for a more athletic yoga practice. "Flow" between postures and work up a sweat!

FEE BASED PROGRESSIVE CLASSES

Progressive Integral Yoga: This class focuses on yoga poses to increase strength and flexibility while encouraging a state of ease, comfort, and relaxation. Dates: Jan 16th--Mar 6th & Mar 20th-May 8th; \$60 (8 classes each session)

Progressive Meditation This 8 week class emphasizes creating a calm, peaceful, and alert mind using a variety of meditative techniques. Dates: Jan 22nd--Mar 8th & Mar 25th-May 13th; \$60 (8 classes each session)

Progressive Rite Striders: A progressive run/walk program to get you off the couch and ready for a 5K in 8 weeks. Romona will be leading, so you know you'll have a great time! Dates: Saturdays at various locations- Jan 14th-March 10th *no class 2/18 (8 weeks) price TBD based on size of group

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